# UP AND DOWN YERMONT

he Charms of the State Graphically Set Forth by One of Her Enthusiastle Sons,

Mortimer Robinson Proctor in The Vermonter.)

The charms of one's own neighborhood rowded ocean liners reveal only too arch afar for pleasure and recreation, year ago last summer, the writer ought that he too must fall into line nd "go abroad." For weeks, he enjoyed e pleasures of a European trip, which et, along with such a trip there is the trying, continually, to avoid seeing money rapidly disappear. So much id disappear moreover, that last summer decided to remain within the bouneries of his native state. For the anad varation trip, he determined to fulthe desire, long ago conceived, to realacquainted with Vermont, A or of Vermont would naturally seem most people a trivial affair compared European tour; and it is when condered from the point of view of the mey spent and the time required. A ermont, however, includes pases and pleasures which are in no way elated to those so-called "artificial outwhich seem to be peculiar to our wentieth century. One finds a people hose friendliness is proverbial; scenery, hose chief characteristics are rich ferle valleys guarded by densely wooded mountain tops; and last of all, rugged ealth. When twenty years have elapsed writer is confident of being able to cuthfully say that the memories of his trip through the Green Mountain Pate vill linger in his mind full as clearly and leasantly as those of distant countries. When the time came to actually plan he trip, from whom could we obtain adrice? To our surprise, such definite adrice as we desired was difficult to find. We did, however, obtain some very kindly and valuable assistance from one or two whose business had called them to many parts

Our plans at the outset consisted of lit-He more than the intention of intellicently seeing in two weeks as much of he state as possible. We intended to map out each day's trip on the preceding evening from the automobile Blue Book and he Ratiroad Commissioner's map of Vermont. No other scheme would be feasible when we were so ignorant of distances and stopping places. My chief desire in this short article is to encourage and asist as many others as possible, who light contemplate a similar tour. At one o'clock in the afternoon, on the

third of July, Harold T. Clement of Buf-Proctor in a 1911 Cadillac, Many will made. that exceptionally ng two weeks we often thought how ew more comfortable ways there were in the entire way. You pass quite for the western border of the state by the sinking sun was then filtering its a very comfortable road to Pawlet. As Day's mileage, 76, one enters this village from the north a On the next day, which was the sixth, and before you stretches the deep valley dotted with numerous farms; close on either side rise abrupt-steep mountains as if guarding the little village hugging close steep slopes in the foreground. Continuing down this delightful valley we soon came to North and East Rupert and finally the Dorsets, where we turned to the left, crossing the mountain into Barnumsville. The road over this nountain is apparently but slightly traveled, yet, any inconvenience due to roughhess is immediately forgotten when one plews the broad expanse of rugged scenery stretching far to the south. The rich Battenkill valley with thrifty Manchester in the foreground bathed in the last red rays of a hot July sun, were the principal features. The mist was just rising over the meadows along the winding river banks. Anyone who has ever seen the famous Lauterbrunnen valley in Switzerland would almost immediately notice its principal characteristics reveal-

Dropping into the valley we were soon elimbing the heavily wooded slopes of Peru mountain. We found this road in excellent condition. Of the five places in which the writer has crossed the Green Mountains this seemed perhaps to be the hest from the point of view of good roads, We reached the summit just in time to witness a brilliant sunset, long to be remembered. The western horizon was ablaze with the rapidly changing bues of red and yellow. We could not refrain from lingering a moment midst the solltude of the darkening forests. The huge fir trees were casting weird spectral shadows far down the road. So quiet, so lonely was the spot that even the human voice grated shamply against nature's environment. Our reverles were all too short due to the darkness rapidly closing In about us. Continuing our way a short distance down the mountain, we were soon at our haven of rest-The Bromley House. No more picturesque mountain retreat could be desired than this one on Peru Mountain; in fact, so popular was l at this special season that it was necessary for us to sleep in a farm house a short distance away. There we found that congenial hospitality so often spoker of as peculiar to Vermont. Mileage for the day 74.

We rose early in order that we might enjoy the best part of a hot summer day Not far from the hotel stands a monu nent in memory of General Stark. This is to commemorate his march to the battle of Bennington in 1777. In the immedi ite vicinity there is another noteworthy s indeed an extremely rare treat now to see virgin timber in the State. The forests are located in the towns of Landgrove and Westen through which we passed that morning. In this district this trip. Day's mileage, 78. we visited a house which is located far On the seventh, we followed from the sound of any human votce. So old, yet so comfortable was it that one Vermont stock was within. A heavy growth of vines covered the weatherbeaten clapboards and lilac bushes shaded the front door. All was in perfect harmony with nature's surroundings. Wild. rugged mountainous scenery greets the eye at every turn. The well preserved youd accompanied by an ever changing

to every lover of nature. A very long steep hill winding down the heavily wooded slopes, following all the while a foaming mountain torrent soon brought us into Ludlow.

Continuing down the valley to Proctors-

ville, we there turned up "twenty-mile stream" to where the monument stands lands lie all about beneath you, while the commemorating the encampment of the course of the Connecticut can be follow-British on their march from Fort No. 4 Charleston, N. H., to Ticonderoga. Some re often the last to be appreciated. The five or six miles from here, in the town of silver. In all directions the mountain Reading, there is a monument to comlearly the tendency of a great many memorate the birth of Elizabeth Captive Thousands, every summer, Johnson, August 31, 1754-the third child born in Vermont. Throughout its entire s Sir Launfal did, for the Holy Grail, length the valley is dotted with many noticeably thrifty farms. We then retraced our way to Proctorsville. It was past noon but we were anticipating dinner at Downer's Hotel in Weathersto be sure, exceedingly enjoyable. field. This hotel is located some distance from any village and at the point wher equent annoyance of being jostled amid four rouds meet. In olden times the stage e rictous rush of Cook's tourists, and coaches used it as a stopping place. The old-fashioned dance hall with a spring

floor is to be found up stairs. We were greatly disappointed to find it closed and deserted. From Cavendish to Downer's we had traveled over a very rough and sandy road. The scenery along the river and through the woods is very attractive however. A great opportunity is here presented for the "good road" movement. We passed on from Downer's to Amsden and then south to Springeeld where we had the privilege of inspecting the well known Jones and Lamson Machine Co. A very secondary road extends from here to Rockingham, on the west side of the river. In that town one has the extremely rare opportunity of seeing the oldest meeting house in the State (1787). Scarcely any alteration has been made since that date. The box pews, the sounding board back of the pulpit, can with difficulty be duplicated to-day. In the old cemetery back of the meeting house there is a quaint inscription on one of the grave stones. The man's descendants at his death are there inscribed as follows "In memory of Mr. Josiah White who

died Sept. 1st., 1806 in the 96th year of his age. The descendants of Josiah White at his death; children 15; grandchildren, 160; great grandchildren. 211. Children deceased, 2; grandchildren deceased, 26 great grandchildren deceased, \$5." The above makes a total of 449 descendants of whom 386 were living at Josiah White's death. The keeper of the meeting house lives but a short distance away and is very glad to show anyone about. When we were through here, it was almost six o'clock but we pushed on to Lake Bunapee, N. H., for the night by way of Bellows Falls. This was the only night we spent outside of the State. Day's mileage, By four o'clock on the afternoon of the

following day we were winding our way up the Connecticut Valley from Springfield on the Vermont side. From Springfield to Windsor the road might be considerably improved. North of Windsor a Y., and myself started from decided improvement has already been The entire distance, however, to temember this day as being the first of White River Junction, where we spent "hot spell." But I the night, proved a most interesting and might say here, that during the follow- attractive ride, especially toward evening. The highway follows close to the river which to obtain relief from the intense | through stretches of woods through which heat. From Proctor we started directly a vista is obtained of the winding Connecticut river with the peaks of the vay of Rutland, Castleton and Fair White Mountains rising high in the back-Haven. At the last named place we stop- ground. The farms, though not of great ped a few minutes to glance at the slate size, are especially fertile. At Windsor marries. From Fair Haven we passed there is the building, now used as a south through Poultney into more rugged storehouse, in which the Vermont con picturesque country. Lake St. Catherine stitution was signed in 1777. A society with her wooded shores protected on the known as "The Old Constitution House past and west by rocky promontories soon association" has lately been organized appeared on our right. A rather narrow with Mr. Sherman Evarts of Windsor as and tortuous road skirts the castern bank president, to preserve this historic buildand is separated from the water by only ing. We spent the night in White River narrow fringe of trees through which Tayern at Hartford. One can be assured of very comfortable lodging and plenty stanting rays. On through Wells, we found of good wholesome food if he stops there.

most striking view is presented. Below there awaited us an unusually enjoyable broadwent up as far as Norwich where we turned west into the mountains. Copperas Hill was our immediate destination. Considering the slight travel over the road, we found it surprisingly good; in fact, a very comfortable automobile road to the foot of the mountain. About ten o'clock we reached the Copperas Hill mine. Copper has also been mined at extensively at at Copperas Hill. There is a crater-like opening in the mountains at that place.

The soil over an extensive area is such a reddish hue as to reveal an immense deposit of copper of varied grades of richness. Into the side of the moun tain, they have opened a shaft 1,400 fee in length. This merely reaches the vein of copper which runs at right angles to it looks much like one of the old time the shaft. Three miles farther on is Strafford, the home of the late Senator Justin S. Morrill. His house, a large spacious building, sets on the hill some distance back from the road on the right. There is also a very interesting and very old meeting house at the north end of the vil-

lage. From Strafford to Chelsea, they hav now what they call the New Road which is said to be very good. We, however, by mistake took the Old road which has not been used by automobiles for over two years. The remembrance of that road to Chelsea will ever remain vivid in our is simply perfect. No automobile speed minds; not because of the scenery or the farms nor the topography of the land, but because of the originality of the road a far better method of travel than the for about seven miles. Oftentimes one of us was compelled to walk shead to de termine if possible where the road used to be. The last four miles into Chelsea is down hill with scarcely a level stretch The writer would prefer not to be held accountable for a description of the scenery over this mountain, inasmuch as his attention was completely absorbed in dodging trees. Chelsea, the county seat. though far from a railroad, certainly has the appearance of a thrifty up-to-date town. The square in the center lends a

distinct atmosphere of old colonial times. The remainder of the day was spent in going to Williamstown and from there down through the Gulf to Bernel, Royalton, Sharon and over to Lake Mitchell, where we spent the night. This part of the trip alone would make a day's ride emphatically worth while. A few miles south of the Gulf we partook of a farmer's hospitality to avoid a thunderstorm We would gladly have enjoyed his genial nature and interesting conversation for several hours had we the time to spare. feature.-a very considerable amount of The roads nearly all the way through this virgin forest owned by Mr. Hapgood. It section are excellent. The scenery, especially through Williamstown Gulf, has a certain grandeur to be found in no other part of the State. There is a great treat in store for those who have not yet taken

On the seventh, we followed up the Connecticut from Norwich through Pompanoosuc, Thetford, Ely, Fairlee, Bradcould almost feel there the atmosphere of ford, Newbury, Wells River to Barnet the long past New England times. Sturdy These represent just so many thrifty Vermont towns. All the way one finds a very comfortable auto road winding through the ever broadening valley. Prosperous farms and comfortable homes are everywhere predominant. An indescribable something about the town of Newbury seemed to fairly breathe the atmosphere of typical Vermont Che .White . Me

view of the mountains, lend enchantment tains are all the while in view on the three possessions in particular. These towns we found the longest stretch of each slice of tomato lay a thin slice of slowly one pound of ground mustard prefirst academy in Vermont was suilt in 1797. On top of the hill back of the academy stands the soldiers' monument. The view from there is certainly both magnetic and inspiring. Fertile farming ed into the distance until it fades away among the mountains, a mere thread of jagged horizon. A short distance from Peacham Corners are Danville and East Cabot. The town of Danville setting on top of a hill possesses a grand panorama of both the Green and White Mountains. The handsome new library building in the center of the town harmonizes well with the surrounding homes and build-

As we left Danville, the sun was fas dropping below the horizon. We choose Molly's Pond as our camping place for supper. The sunset that evening was particularly mellow and delightful. No harsh noises disturbed the twilight peace. The day's ride having been rather hot and dusty, we now especially enjoyed the refreshing air of twilight. Only the evening breeze rustling softly in the meadows disturbed the solitude. Soon a crane was seen cautiously seeking his evening meal at the water's edge. Then a whip-poorwill's enchanting song echoed from a crossed the mirror-like pond before us and crept swiftly up the wooded hill beyond. The last golden rays soon vanished from the crest. To murder the sacred silence all about us with an automobile seemed like sacrilege, but the swiftly risng breeze warned us of the approaching night and we journeyed on. With the aid of the moon and low turned lamps, we continued our run through Marshfield to lake. While this hotel affords very com- charm. Montpeller, where we remained over fortable accommodations, we felt that a night. Day's mileage, 117.

The next morning we went from Montfrom Waterbury to Jonesville we en-Waterbury and Jonesville the road passes close to the foot of Camel's Hump. An exceptionally fine view can be had of the cupies the same relative degree of prom- when a good road was close by. Guide rocky Hump from that point. At Jonesand Starksboro. The road up the mountain is very steep in places and not receiving as much travel as the pass at Hancock, the road is not kept up as well. The scenery, however, from the height of heart of the Green Mountains from where are but a short distance away. Entering Bristol we found just two miles of excontinued. In Bristol there is a curiosity in the form of a rock, known as the Lord's Prayer Rock. On the flat surface of a huge boulder close to the road, a man from Buffalo, N. Y., had The Lord's Prayer cut in large letters. From Bristol to Middlebury is but a short ride. We were then in the Otter Creek valley, which valley we followed south to Proctor, thus completing, on Saturday, the first half of our tour. Day s mileage, 88.

our tour, leaving Proctor about noon. Our course followed down the Otter Creek valley. At New Haven we visited the home of one of Mr. Clement's ancestors. Beside the house stands a mighty elm. In its history of this aged monster, legend cows one night the farmer stuck his walking stick into the ground near the barn. From that stick, the present elm grew. Haven to Burlington there is an excepclearly outlined at our left with the

Williston. Between Richmond and Jonesville we saw a church which, we were told, was the only one of its type of architecture left in the State. At first glimpse the weather vane. When about a mile west of Waterbury, we turned to the left on the road leading to Stowe and Morrisville. This road to Stowe, we were told, is characterized by more scenic beauty than the one from Waterbury to Stowe, following the trolley tracks. However, by

combined. The view of Mansfield and the range for some distance north and south limit should there be necessary for any lover of nature. A carriage would afford

altogether too rapid automobile. About sundown we reached Hardwick where we took the opportunity of glanc ing briefly about the Woodbury Granite Co.'s plant. At Hardwick, we were told that without doubt the best road to Lyndonville was via St. Johnsbury. In fact, we were warned not to risk the road over South Wheelock mountain. Feeling, howother tourists, let me say, in passing, that cross the mountain. The hill on the east side would be perhaps the steepest and most difficult to climb we had found anywhere about the State. We had no difficulty of any consequence, and were richly rewarded in the variety of mountain views. On a hill overlooking the town of Lyndonville is the exceptionally beautiful residence and farm of Mr. Theodore N. Vail. On top of another hill directly across the narrow valley is the equally attractive residence and farm of Mr. E.

A. Darling. Day's mileage, 111. The next morning we were very kindly given the opportunity of seeing the Lyndon institute, an organization controlled by Mr. Vall. One of Vermont's greatest peeds would certainly seem to be here provided for. The institute, in short, gives the boys a thorough training in practical intensive farming. Every form of work applicable to a farm is here actually performed by the boys. A certain amount of class room study accompanies the practical application. The fact that in its second year the institute doubled its membership indicates some-From what its success at the very start. Lyndonville, we went down to St. Johns-

burn That village can justic be oroug of

least; secondly, the Scale Works, which the finest farming land in the State. At we had the pleasure of visiting; and third-ly, the vista down the main street on ton, crossed the lake at Chimney Point which the museum is located. The excep- and went up to Fort Crown Point. This tionally broad street, arched over by glant fort shows about the most extensive rulns

in the State can equal. From St. Johnsbury we went north to were built. Continuing south on the New East Burke and East Haven, the latter York side as far as Ticonderoga, we crossbeing the only town we visited in Essex ed again at Larabee's Point. Any one of county. Our next tour will include more three different routes might be taken from of this county. Evening was then fast here to Rutland. We crossed the hill approaching. Before nightfall, however, through Orwell and Sudbury to Brandon thought was probably the most beautiful tor. Day's mileage, 96.
scene of our whole trip, Willoughby Lake. The writer has toured more or less Every Vermonter, at least, should visit through New Hampshire, Massachusetts, that spot. From the south the approach Connecticut and New York, and from his is through the woods for some miles. Between the trees one suddenly catches a of them. Why? One must combine sevglimpse of two huge cliffs facing each eral elements to answer this question. In other. Coming soon to the top of a hill, the first place, the gravel roads are exthe first view of the lake nestling between those two gigantic sentinels is ob- time, and thanks to Road Commissiones tained. The road soon drops to the level Gates's untiring work, they are rapidly of the lake at its southernmost point. The | becoming even better. view from here is really sublime. Far pie show a peculiar friendliness which up beyond the rocky cliffs, the take seems adds incalculable pleasures to such a tour to wind among the mountains until it be- But perhaps of more importance than any comes finally absorbed in the distant hage. of these or others, is the scenery. That Rich, fertile farms reach down to the word, however, only half explains my water's edge in some places, while other meaning. There is magnificent scenery in parts are fringed by the reflection of firs many other States, but the topography of and birches which cover the entire mounneighboring wood. Slowly the shadows tain side. Along the eastern shore winds what part of the State you are in, you are a narrow roadway. On the western side always confronted with a variety of scenof the road, a mere fringe of white birches ery which cannot fail to hold your attenseparates it from the water, while on the tion. It may be a wooded mountain side, other side a rocky cliff rises abruptly from or a rich green valley, dotted with the the road side. We had intended to pass farm houses; it may be a rushing mountemptation of a ride through the birches be a cozy hamlet or a distant mountain along the lake at dawn. So we spent the peak. Whatever your environment may night in a liotel at the north end of the be, you are ever alert to the surrounding

way down the shere. Across the lake, of the State. Yet, we hope they will be mer slowly for two hours or until done. the mountain's crest was just beginning so built that, eventually, there may be to brighten with the first rays of sun- permanent road from Canadian line to land near Starksboro is worth going far light, while the sheer mountain wall at | Massachusetts on either side of the mounto see. One there climbs into the very our left was yet wrapped in the night's tain. The benefits to be derived from dark veil. Slowly the shadows fled from such would be immeasurable. Right in several of the highest peaks in the range the opposite mountain before the oncom- this connection, a word of praise for the ing dawn. Soon the clear crystal-like Long Troil seems appropriate. In the water sparkled in the brilliant radiancy very undertaking of such a scheme, we ceptionally good road. May it soon be of early morn. How different nature now see true progress in every sense of the seemed after being released from the cold word. To the State and her people as well some people is the fact that it is easily a large pertion of her fertile provinces dark grip of night. The squirreis were as to those of other States, it should be made and relished by all. Cut some cold chirping, and the birds singing all along extremely beneficial. the road. Awakening nature seemed like the rejoicing of a victorious army after a biling are exceedingly variable. Tours Over it sprinkle about the naif the quanvealed to us.

On the following Monday we continued Derby Line the road was line. From Derby to Derby Line is about the best six miles of road in the State. At Beebe Plains, we visited the grave of Zadock Steele, a Vermonter, well known because of his capture and escape at the burning of Royalton. One interested in Vermont history would be interested to read his own account of this episode in a little booklet entitled "Captivity and Sufferings of Zadock Steele." At Beebe Plains we The writer, however, does not emphasize also visited the postoffice which stands on the truth of this statement. From New the boundary line between the United States and Canada. Inside, are two posttionally good automobile road. The scen- office windows, about to feet apart, on the ery is different in character from that ob- same counter, one for Reebe Plains, Vt. in the beginning; the purpose of this art:tained at any other place in the State, and the other for Beebe Plains, P. Q. And Instead of the customary narrow valley it is an actual fact that, for a letter to many as possible to become acquainted with abruptly rising mountain slopes on so from one window to the other it must with the real Vermont. one or both sides, we found an ever first travel about 33 miles by train. From broadening valley with the mountains there we went down to Newport where after off in all directions. This is the we had the pleasure of finding Mr. Frank Champiain valley. The Adirondacks were C. Partridge of Proctor agreeable to the idea of becoming the third member of our Green Mountains to our right. At Ver- party. Just outside of Newport is a specgennes, owing to the kindness of Mr. tacular view of Lake Memphremagog and Barss, we had a very interesting and in- the distant mountains. From Newport structive trip about the State industrial we went over to Troy and down the valschool. On the afternoon in question we ley to Eden, which was certainly among turned from our course to spend the night | the foremost of our choicest drives. Th at Cedar Beach, a very picturesque sum- scenery is very similar to that in Wil-Vershire and Ely, though perhaps not as mer place on the lake. Day's mileage, 62. liamstown Gulf while the road is far su-Tuesday morning we left Cedar Beach perior. The road from Eden to Johnson rather early hoping to reach Lyndonville and Jeffersonville we found very sandy, that night. After hastily viewing the char- far too much so for comfortable travel. acteristics of up-to-date Burlington, we From Jeffersonville we turned north pushed "on to Richmond" by way of through Bakersfield to Enosburg Falls, Came to maturity pushed "on to Richmond" by way of through Bakersfield to Enosburg Falls, The plants here a strange fruit which. where we stopped for the night. Day's

mileage, 116. On July 14th we continued west from Enosburg to North Sheldon and Franklin. Through this section, one has a maground houses. The date 1813 appears on nificent view of the surrounding mountains and some especially fine roads Hurrying on to Highgate and Swanton we were soon across the lake to Alburg. During the next four hours we were rewarded with four of the most enjoyable hours of our tour. Every such tour as ours, when completed, has its especially the time we reached Morrisville we were charming memories which remain clear both firmly convinced that no section of and distinct long after many others have our trip to date could quite equal that faded into the dim haze of one's co-conone in scenic grandeur and good roads scious self. The trip down the islands will certainly remain one of the most vivid of all our Vermont reminiscences. From Alburg to Sand Bar Bridge we found a The seeds were therefore carefully stretch of good automobile roads, equaled preservel and distributed among in no other part of the State either for friends and neighbors who cultivated burg to Sand Bar Bridge we found a distance or quality. They are somewhat it as a curiosity. It was long years narrow but throughout the entire distance, we noticed not one rough place, tite and this now popular vegetable We encircled Isle La Motte. The ride up came into general use. There are the west shore was especially attractive. The road follows the shore closely, affording a continuous view of the lake and the than a useful plant,-Alice E. Whitadistant Adirondacks. At the northern end ker. of the island is a monument whose inscription in part is as follows: "In honor ever, that the latter route would afford of the first white men who fortified this finer scenery at the expense, perhaps, of island in 1966. In memory of the sacrifice good road, we decided to risk it. When and valor of Col. Seth Warner and Capt. we reached Lyndonville we were very glad Remember Raker, eminent Green Moun-we had so decided. As a warning to tain boys and patriots. • • " On the east side of the island there is a woody from west to east is far the better way to section of road which no tourist could

fail to admire. We then continued down through North Hero, Grand Isle, South Hero to Sand Bar Bridge. The road here for the most part follows the eastern shore and on s clear day rewards the traveler with more gorgeous view of the entire Green Mountain range than can be had from any other spot. Across the lake the numberent heights and shapes constitute the horison as far as the eye can scan, north and south. In one or two places the road reaches a height of land from where a complete panorama is obtained; the Green Mountain range constituting the eastern portion and the Adirondacks the western Grand late county can justly be proud of its scenic treasures. No other part of the State affords such a great range of vision. The crossing from South Hero to the main land over Sand Bar Bridge was an exceptionally difficult feat in road building and when we crossed it was in perfect condition. A short ride took us to Burlington where we spent the night-a most appropriate place for the last night of our

tour. Day's mileage, 96.

maples, affords a view which few villages of any in this country. The walls now standing are as true to-day as when they were to see what we have since and from there down the valley to Proc-

observation Vermont is superior to cach cellent for automobiling at the present Vermont is peculiar, in that, no matter on to Newport but could not resist the tain torrent or an emerald lake; it may of meal and one plnt flour. Bake twenty

In the course of our trip we made a tew larger and more up-to-date one would be notes; one of them concerning guide posts. cannot be too thin). Then cut it in more in keeping with the surroundings. While these are found at almost every peller towards Waterbury. A very good When one considers the great number of cross road, there is now and then one road extends between those towns, but people who annually visit the Bromley missing. An automobilist notices this House at Peru Mountain there seems to more than anyone else. The writer well countered considerable sand. Between be no reason why a similar hotel should remembers that it was the lack of a guide not be even more prosperous at Willough- post at Strafford, that resulted in a painby. To our minds, Lake Willoughby oc- ful journey over the Old Road to Chelsea, rocky Hump from that point. At Jones-linence in Vermont scenery that Lake posts are an absolute necessity. The sub-ville, we turned south into Huntington Lucerne does in that of Switzerland, ject of roads was also ever present in our and Starksboro. The road up the mounminds. At the present time, very \$3.44 are browned, pour boiling water over tary, organized effort, operating through By six o'clock we were retracing our gravel roads extend into nearly all parts

We realize that the expenses of automolong battle. Yet, after all, words only such as ours, can be very costly or they tity of diced potatoes and on the potablur the grandeur which nature there re- may be economical. We conducted ours toes put a layer of celery cut into small according to the latter method. We spent The day was advancing and we had to three nights and had four meals with the top, and then moisten all with a few hurry on. Our course led directly north friends. Some gasolene was given us, tablespoonfuls of rich stock. Make a to Derby Line. From East Charleston to Otherwise the following figures include plain French dressing-oil, vinegar, sait, our entire trip:

Total mileage, 1,067. Average mileage per day, 89. Total amount of gasolene used, 79 gal-

Total amount of oil used, 10 quarts, 1 1-2

oints. Paid for gasolene, \$8.78; per person, \$4.39. Total cost of trip per mile, \$.0418; per

person, \$.6200 Total cost of trip per day, \$3.72; per per-

\$20.00 In closing, let me repeat what was said cle is simply to assist and encourage as

# DOMESTIC SCIENCE

Cooking and Serving Conducted by Lillian Mason.

TOMATOES.

Their Remantic History.

The story is told that a good many years ago a man recently arrived from the Bermula Islands was committed to a Pennsylvania fall. He had with him a few seeds which he planted in of red pepper. Best separately the yolks the jail yard, but before the plants and whites of three eggs; mix and seacame to maturity be was discharged. as it ripened, changed from green to red and was greatly admired by the orisoners.

The matron of the jail, sure that it was porsonous, cautioned the inmates against eating the fruit, but as she desired to save specimens of it she planted some of the seel the following year and just as the fruit was well ripened the man from Bermuda revisited the jail and askel to see the plant. He called for pepper, salt and vinegar, and, to the astonishment and horror of his spectators, ate the fruit uter. with a relish. Having finished he told them that this strange fruit was a tomato or, translated into English, a love apple, and that it was wholesome before prejudice gave way to appeeven now people living, who remember the tomato as an ornamental rather

## BROILED TOMATOES.

Wash and wipe ripe tomatoes, With a very sharp knife cut them in of sugar and three tenspoonfuls of bakhalf and lay skin-side down upon a buttered broiler. Cook over a clear fire until ione; arrange squares of toast on a hot platter and lay the breiled tomatoes on this toast-half a tomato to each slice. Handle carefully, that they may not break. Sprinkle with pepper and salt, and pour melte! butter over all.

## BAKED TOMATOES

Cut each tomato in halves without peelng and season with salt and pepper. Put them skin-side down in a pudding dish and cover the top of each with crumbs. add a bit of butter and bake.

# ESCALLOPED TOMATO

Use a pint of fresh sliced tomatoes, or pint of bread crumbs, one-quarter cup of butter, one rounding tablespoon of sugar. a level tearpoon of salt and a few dashes of pepper. Put part of the tomato in a buttered baking dish, sprinkle with half of the bread crums, seasoning and half the butter out in bits. Repeat the layers

TOMATOES WITH BACON. A popular dish in Denmark. Lay large

square crackers in the bottom of a shallow pan. On each cracker put a thick From Burlington we had a perfect auto slice of tomato-either canned or fresh-

eastern horizon. From Barnet one should are: Firstly, the museum, in which one turn west to Peacham Corners, where the might very profitably spend a day at This broad fertile valley contains some of the bacon is crisp the tomatoes are ready, sharp vinegar to the consistency of thick to be served.

TOMATO AND PEA SALAD.

Scoop out skinned tomatoes, fill with cold peas and English walnuts marinar dopened. Keep in a cool, dry place. with French dressing or mayonnaise. Serve on lettuce.

TOMATO SOY.

Two gallons tomatoes, green, sliced without peeling, 12 good-sized onions, also sliced, two quarts vinegar, one quart sugar, two tablespoons salt, two table ground mustard, two tablespoons black pepper, one tablespoons spoon each of allspice and cloves. Mix all together, stew until tender, stirring often It will take about eight lest it burn. hours to cook. Do not cook in tin.-Miss A. L. Stearns.

#### TOMATO SALAD.

A very pretty salad can be made with tomatoes. Scald and peel, taking care to rounds of cream cheese very thin and the same sizes as the tomato silces. Place a this place a slice of cheese, then more tomato, until all is used, having the last slice tomato. Shape as perfectly as possible and garnish with mayonnaise.

CORN BREAD.

two tablespoonfuls augar, one teaspoonful sait, one-half teaspoonful soda, two teaspoonfuls baking powder, one pint minutes.

### BONELESS BIRDS.

pieces four inches wide and six long. Take one slice, sprinkle with selt and farms attractive intellectually. I desire pepper, place on this half a slice of to suggest a temedy which I believe ley. Then roll in a tight roll and tie with | terested in this question. I refer to cobrown on all sides. When all the "birds" them enough to cover and let them sim-Place on a hot platter, remove strings. and pour the gravy over them.-Mrs. F. E. Love.

BEEF TONGUE SALAD. One of the most substantial and pleas

boiled tongue into thin strips and lay it in the bottom of your salad bowl. pieces. Strew finely-stopped paraley over pepper and just a little mustard-and pour over salad just before serving. Garnish with quartered olives.

BROWN BREAST OF LAMB. Wipe and trim the meat carefully and

covering it with boiling water, cook slowly until tender. When done remove the bones, and press meat between plates | greater efficiency. It has organized the till next day. Then brush with beaten esg, sprinkle thickly with bread-crumbs, large quantities, goods of a known quality gen, \$1.86.
Total cost of trip, \$44.58; per person, and well mixed, and brown quickly in had theretofore paid. Moreover, it has a hot oven.

#### COFFEE ICE-CREAM. Scald one and one-half cupfuls of

Beat the yolks of three eggs slightly the actual expense of distribution. of suga and one-fourth of a teaspoonful of salt: be assisted and advised in loc

## TOMATO OMELET.

Peel two large tomatoes and cut in pieces. Cools one-third level teaspoon of salt, and a few grains son with a pinch of salt and a very little pepper. Melt a rounding teaspoon of butter in a pan, turn in the eggs, and means. as they begin to set lay the tomato around the top. Finish cooking, turn and serve with a paraley garnish.

## TOMATO PRESERVES.

Scaled and peel one peck of ripe to matoes, boil forty minutes, Strain the juice from the tomatoes and allow a pint of sugar to each pint of tomate, then add the pell and juice of six lemons. Boil with the liquid and sugar, until the peel is tender. Add the rest of tomato and simmer twenty min-

## FRUIT PUNCH.

Into an earthen bowl or jar squeez the juice of six lemons and one orange. Add a ripe pineapple, cut in pieces one pint of juice from canned amber cherries one teaspoonful of ripe uncrushed strawberries and one banana, sliced. Add nutmeg and sugar to suit the taste. Let the mixture stand in a cold place for five or six hours.

ORANGE AND BANANA SHORT-CAKE.

Into three cups of sifted flour rub two tablespoonfuls of butter: add one-half of a teaspoonful of salt, one teaspoonful ing powder. Mix to a soft dough with cold milk and bake in two layers. Grate one-half of the peel of an orange, then cut it in half, crosswise, and scoop out the pulp; rub four banana through a sieve, add to this the orange rind and pulp and one cupful of sugar. Lastly stir in one-half of a cupful of thick cream, beaten stiff, and spread be tween and over the cakes. Serve with sweet cream or custard.

#### BAKED BANANAS Strip off one-third of the skin of each

onana, and with a spoon loosen the remainder around the fruit. Arrange in a baking pan, the stripped side upper-O'Bullivan, 26 Church St. most. On each lay one half of a teaspoonful of butter cut into bits, and sprinkle with one teaspoonful gugar, and one-half of a teaspoonful of lemon juice. Put in the pan one tablespoonful of water for each banana, and bake in hot oven, until the fruit is tender-about twenty minutes.

#### TOMATO MUSTARD. Wash and boil a quantity of tomatoes

until thoroughly cooked. Mash and strain same through a fine sieve. To every two livan. M Caurch street. querts of tomatoes prepared in this way add two tablespoonfuls of sait, one even teacup of sugar, replace on the stove and saves something, every day-almost alboll While this liquid is boiling add

viously mixed thoroughly with good, cream. Boil five minutes. Stir constantly to prevent burning and lumping. Bottle and seal while hot. Let stand a week be fore using. This will keep a year or unti

#### STUFFED TOMATOES

Prepare by cutting out with a knife the core of the tomato. Take out about an inch to an inch and a half across and perhaps about the same in depth. This space is then filled with bread crumbs that have been mixed with a little onion to give them flavor; then put in the oven and bake until the tomatoes are quite brown, takes from 20 to 30 minutes.

#### CO-OPERATION IN FARMING. I desire to express my appreciation and

hearty approval of your editorial, "The Distribution of Population and Prices.' You have here touched upon the most vital economic problem of to-day, and have made clear the important cause of leave the tomatoes in as perfect shape as such conditions. America is now becompossible. Blice in about four slices. Slice ing aware of the fact that its agricultural production has not kept its former ratio to the demand necessary to meet the inslice of tomato on a bed of lettuce. On creased home consumption and permit the exportation of such quantities as hereto fore. The primary cause of this is that many producers have become dissatisfier with their small and uncertain profits, and, leaving the farm, have turned to the cities and to other occupations. This condition has existed for several years, One pint of good buttermilk, one eng. but not until now has it become so perceptible to every consumer. It now becomes necessary to seek a remedy, and in order to make it permanent and effective it must come from the people themselves, and not through politics or legislation.

The reason for this drift away from the farm is primarily that such occupation Buy a couple of pounds of bottom of on a small scale is generally unprofitable, the round steak; have it silced thin (it in addition to which it is not attractive socially, and scientific farming has not become general enough to make many slightly fried bacon and a sprig of pars- should be considered by every person ina string. Repeat this until all your meat operation, a principle which has met simiis used. Now put in your frying pan a lar conditions heretofore, and is now exlump of butter, let brown; then take tensively practiced in England, Ireland, each roll, dip in flour, and fry a nice France, and all the other European countries, signifying as it does mutual, volunself-supporting institutions and associations. Unlike the various countries of Europe, America has not heretofore had any direct reason for resorting to co operative principles, but the increase in the cost of living and the proportionately small selv noe in wages now make such netion has sary.

ing salads for the lunch hour is that operation as a direct result of the loss of ing the adoption of an occupation (dair farming) which could be operated on smaller and less fertile area. With France rope, co-operation assisted them in adopting a more intensive system of farming, as they found they could not successfully compete with the New World in the production of grain. When England and Ireland found it necessary to raise the standard of their agricultural products in order to compete with Denmark and other countries (even Australia) in their own markets they resorted to co-operation, and are now succeeding in their efforts. Co-operation being the farmer to pro-

duce more and better goods, and to handle and market them at less cost and with consumers, enabling them to purchase in brought consumers' and producers' associations together and enabled them to deal direct with each other, thereby eliminating the profit formerly demanded milk with one-third of a cupful of ground by the several middlemen and leaving one coffee, and add one cupful of sugar, profit (that to the producer himself) plus

Those who desire to start farming must Combine mixtures and cook in double When located, must be helped in making boller until mixture thickens. Cool, add their farms profitable. Farming will then one quart of thin cream, strain through automatically become attractive and ina double thickness of cheese cloth and structive. To make the farm pay, the farmer must use better business methods. and to do this most efficiently, he must resort to some sort of affiliation with others who are working toward the same end. Therefore, let him consider the pos sibility of co-operating with others in (a) the purchase of supplies. (b) the ownership of large equipment, (c) the sale and distribution of their products, and (d) as a means of obtaining credit, and see to what extent he could be assisted by these

> An association is in process of organization in this country which aims to carry out these principles, and has for its specitic object the study and promotion of co-operative societies. It must be borne in mind that co-operative societies must be self-supporting, and for this very reason it makes such practiples hard and slow to promote, as there can be not at tractive inducements made to recompens individual effort in such promotion in nes localities. Therefore, I believe the Evening Post is to be thanked for its clear reasoning in declaring the importance of this matter, and thereby assisting all other efforts working toward the betterment of the present economic conditions .- H. C. Stringfield in the New York Post.

## LIGHT DIET.

Poor Mary Ann was positively sick of it. From morning till night her mistress but Hed her. For weeks M. A. hore the accusations heroically; but the breaking point came

eventually. She approached her mistress and solemnly reported that the coal cellar was bare.
"Just like you!" nagged the missus. "

don't know what you do with the coals You must eat them!" An hour or two later Mary Ann had make it known that there were no more

candles. "Candles gone!" snapped the old lady Why I bought half a pound less than a

month ago!" "Yes ma'am," rejoined the maid of all work tartly; "but I ate them so that ! could swallow the coul more easily!"-

New York Times.

Robert W. Herter, Lawrencoville, Mo., who had been bothered with kidney trouhie for two years, says: "I tried three different kinds of kidney pills but with no relief. My neighbor told me to use Foley Kidney Pills, I took three bottles of them, and got a permanent cure. I recommend them to everybody." J. W

Hay fever and asthma make August & month of intense suffering to many peo-ple. Foley's Honey and Tar Compound gives prompt ease and relief, and is soothing and healing to the inflamed membranes. Wm. M. Merethew, N. Bearsport, Me., says: "A few doses of Foley's Honey and Tar Compound relieved me of a severe attack of asthma and less than a bottle caused a complete oure." Refuse substitutes. J. W. O'Sul

The ad reader learns something.